

Mendez, Gayla

From: Casteel, Sue
Sent: Tuesday, July 09, 2013 11:08 AM
To: Davis, Anita
Cc: Brown, Stephanie Y; Harper, Greg; Jardine, Rick
Subject: 35th Avenue Superfund Site Health Education Materials
Attachments: Pregnancy generic.pdf; Lead Poster2 - Dave.doc; Lead in Yard Pub.pub

Good morning,

Attached are copies of the three handouts we will be providing to the public during the two blood lead testing events at the 35th Avenue Superfund Site. If you have any questions about the documents, or the blood lead testing event, please give me a call.

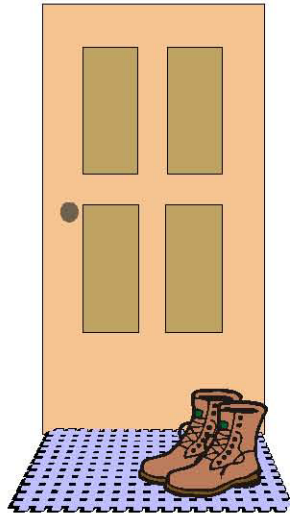
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Ways to protect your health

Keeping dirt from getting into your house and into your



Wash and peel all fruits, vegetables, and root crops



Wipe shoes on doormat or remove shoes



Don't eat food, chew gum, or smoke when working in the yard



Wash top floors and baseboards and counters and trim regularly



Wash dogs regularly



Wash children's toys regularly



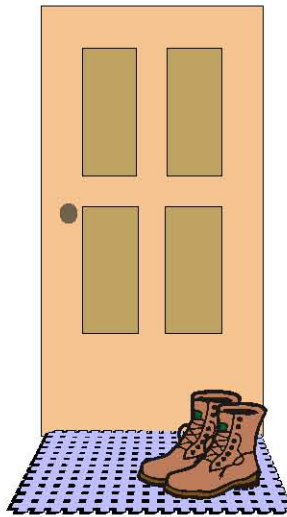
Wash children's hands and feet after they have been playing

Cómo proteger su salud

Evitando que el polvo entre a su casa o a su cuerpo



Lave y pele las frutas, vegetales y las viandas



Limpiese los zapatos en la alfombra de la entrada o quítese los zapatos



No coma, mastique goma de mascar, o fume mientras esté trabajando en el patio



Mantenga la casa con el piso mojado



Bañe a los perros regularmente



Limpie regularmente los juguetes de los niños



Lave las manos y los juguetes de sus niños después de que hayan jugado afuera



Stay Healthy During Pregnancy for Your Baby's Sake... and Yours!

Spring, 2008

Lead can get into your body many ways. You can breathe in dirt or dust that contains lead. Cookware and some glazed pottery may release lead into food. Some folk remedies and cosmetics contain high levels of lead. Even lead you were exposed to as a child may still be stored in your bones and be released into your blood stream during pregnancy. The lead in your blood stream can pass into your baby's body and cause the baby to have health problems.

Follow these easy steps to lower lead exposure, and protect your unborn baby:

✓ Keep lead out of your food

- Wash your hands and countertops before you prepare food.
- Wash your hands before you eat or serve food.
- Wash vegetables before cooking them or eating them raw.

✓ Cook, serve, and store food in lead-free containers.

- Use only glazed pottery that is labeled "lead-free: for cooking, serving, or storing food."
- Mexican bean pots, and other pottery and ceramics may contain lead and should not be used for cooking, serving, or storing food.

✓ Eat foods high in iron, calcium, and zinc.

- Eat foods high in iron (eggs, raisins, greens, beans, peas), calcium (milk, cheese, yogurt) and zinc (lean red meat). These foods may help your body absorb less lead.

✓ Clean your home weekly to keep it as dust free as possible.

- Clean floors, window sills, doorframes and baseboards with soap and water.
- Place washable doormats or rugs at all entries to the home. Wash doormats and rugs separately from other laundry.
- Wipe feet before entering the house. Leave shoes at the door so that dirt and dust that may contain lead will not be tracked into the house.

✗ Do not use home remedies or cosmetics produced outside the United States.

- Know that azarcon, greta, and some cosmetics contain high levels of lead.



Do you plan to have a baby?

If you are pregnant or planning to become pregnant, talk to your health care provider about getting your blood tested for lead, especially if you have been using dishes, cookware, or other products that you think could contain lead.

This fact sheet is provided by the Agency for Toxic Substances and Disease Registry. If you have questions about lead exposure call Sue Casteel, in the Kansas City ATSDR office at (913) 551-1312.

ATSDR
AGENCY FOR TOXIC SUBSTANCES
AND DISEASE REGISTRY



Get your child tested for lead poisoning today!

Most lead poisoned children do not act or look sick.

The only way to know if your child has lead poisoning is to have a blood lead test.

Children 6 years and younger are more likely to have lead poisoning.

Call your doctor or clinic today to get your child tested.



Protect Your Family

Fall, 2010

Eating or swallowing soil that contains lead is a common way of getting lead into your body. Children get lead in their bodies when they put their hands, toys or other items covered with lead dust in their mouths. When lead gets into your body, it may cause health problems.

To lower the amount of lead that gets into your body from soil, follow these simple steps:



Do not let children play in dirt that contains high amounts of lead.

- Have children play on grass or in areas covered with lead-free mulch, wood chips or sand.
- Keep children from playing in bare dirt.
- Cover bare dirt with grass, bushes or 4 to 6 inches of lead-free wood chips, mulch, soil or sand.



Protect your family from lead-based paint in the yard.

- Keep your family, especially young children, away from areas in the yard where paint is peeling or chipping, such as from old porches, fences, or houses.
- Do not try to remove lead paint yourself unless you have been trained to follow lead-safe work practices. Hire a professional lead specialist who follows lead-safe work practices.
- If you paint over lead-based paint, use special paint that will seal in the old paint.



Keep children's hands and toys clean.

- Wash children's hands before they eat any food if they have been playing outside.
- When eating outdoors, always eat in an area where there is no bare soil.
- Do not let your children put toys, dirty hands, paint chips, or other things that might have lead dust on them into their mouths



If you have questions about lead call your doctor or health care provider.

ATSDR

The Agency for Toxic Substances and Disease Registry, a public health agency located in Atlanta, Georgia developed this flier.



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